

**OCTOBER
2018**

A small town Chamber of Commerce invited a motivational speaker to address its annual dinner. The community's economy was not doing well, people were discouraged, and they were hoping the speaker would give them a boost. During her presentation, the speaker took a piece of white paper and made a small black dot in the center. She held the paper up and asked the audience what they saw. One person quickly replied, "I see a black dot." The speaker acknowledged the response and asked, "What else do you see?" The rest of the group joined in agreement, "A black dot." She inquired, "**Don't** you see anything else?" The attendees responded with a resounding, "**NO.**" She then commented, "What about the sheet of white paper? I am sure you see it, but you have chosen to overlook it." It is easy to overlook the many wonderful things we have or take for granted the good experiences that happen to us or to those around us. Let's not focus our attention and energy on the failures or disappointments in life, but remember that our problems are often like the black dot on the paper, small and insignificant when we look at the whole picture.

PUMPKIN PATCH LESSONS



Pumpkins are used for carving, decorating and baking. Here are some life lessons we can learn from them:

First: Size/ shape doesn't matter. In a pumpkin patch unusual sizes, shapes, and colors are the ones that stand out. In life we should remember, there's people who want friends that stand out from the crowd.

Second: We need to remove the muck inside. When carving a pumpkin, the seeds and pulp are removed. Individuals also have things that need to be removed like negative thoughts and bad habits before they can be molded (carved) into a better person.

Third: People may only like you for a season. September-through November is pumpkin season but by December, they are out of the spotlight. Life is the same, people will have seasons where they feel appreciated and seasons where they feel less appreciated.

Fourth: You can be anything you want to be. Pumpkins are turned into everything imaginable. You too can be anything you want, you just have to make it happen.



Happy Pumpkin Season

FIRE PREVENTION TIPS

National Fire Protection Association (NFPA)

According to the U. S. Fire Administration, a home fire is reported about every 86 seconds. A home fire is a life-changing event that happens to thousands of people each year. Practice these fire prevention tips with your family, and stop fire before it starts: **1. Install smoke alarms.** This includes every level of your home, inside bedrooms and outside sleeping areas. **2. Test your smoke alarms every month.** If they're not working, change the batteries. **3. Practice a proper home fire escape plan with your family.** It should have at least two exits out of every room. Plan what you would do in the event of a home fire, and designate a location to meet outside so you know everyone is safe. **5. Turn off or unplug fire starting appliances.** This includes toasters, ovens, and even curling and clothing irons. With a Smart Plug, you can have these appliances automatically turn off when you leave your house or after a certain amount of time. **6. Limit distractions when cooking, and never leave the room with something on the stove.** A grease fire can start and spread in seconds. **7. Keep a fire extinguisher in the kitchen.** The most common place for home fires to start is your kitchen. **8. Never throw hot grease into a garbage can.** It can still ignite the materials in the garbage.

KNOW WHAT TO DO IN CASE OF A FIRE

The week of *October 7th- 13th* is Fire Prevention Week. In addition to protecting your home from fire, knowing what to do if you get caught in a home fire could save your life.

Call 911 First! You never know if a fire will grow to the point where you will be unable to fight it. Call 911 first to give them more lead time to save your home.

Remain calm! There's less oxygen during a home fire, control your breathing to stay calm as you escape.

Know when to get to safety. If the fire has spread beyond the point where it started, or you can't fight the fire with your back near an exit, you need to get to safety. The fire could potentially spread to your only exit, leaving you trapped.

Get low, and stop, drop, and roll. Smoke and hot air rises, get low to the ground and crawl your way to safety. If your clothing catches fire, stop, drop, and roll.

Get out and stay out. Once you're out of the home, stay out. Do not risk running back in to salvage belongings or fight the fire.

When using a fire extinguisher remember the **PASS** system

♦Pull ♦ Aim ♦ Squeeze ♦ Sweep

CAR FIRE SAFETY

Cars can catch fire for many reasons, but mechanical and electrical issues are the most common. If your car starts on fire follow these rules:

- ❖ Pull over as quickly as possible and try to make your way to a safe location off the road
- ❖ When stopped, turn off the engine
- ❖ Get everyone out and at least 100 feet away from the car
- ❖ Never return to a burning car
- ❖ Call 911

WAYS TO PREVENT CAR FIRES

- ❖ Have your car serviced regularly by a trained mechanic
- ❖ Leaks mean your car is not in proper condition
- ❖ If you must transport gasoline, use a sealed certified gas can and transport only small amounts
- ❖ Never transport gas cans or propane cylinders in the passenger compartment
- ❖ Never park a car where flammables, such as grass are touching the catalytic converter
- ❖ Drive safely to avoid accidents